

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

October 2009

## Black Beans and Brown Rice The Best Bean Hot Dish Salmon Cakes Pinto Bean Fiesta Muffins Zuke Stir Fry

### Black Beans and Brown Rice

1 pound bulk pork sausage  
1 cup hot water  
1½ cups coarsely chopped onion  
½ cup coarsely chopped green pepper  
1 cup brown rice, uncooked (not instant)  
1 bottle (12 ounces) chili sauce  
3 cups water  
1 can (15 ounces) black beans, drained and rinsed



1. Brown sausage in a frying pan; drain off excess fat. Pour 1 cup hot water over sausage to reduce fat in sausage; drain again.
2. Place sausage, onions, green pepper, brown rice, chili sauce and 3 cups water in a heavy pan or crock pot.
3. If cooking on the stove top, bring to a boil. Reduce heat, cover and simmer for 45 minutes.
4. If cooking in the crock pot, cook on low for 6 hours or high for 3 hours.
5. After rice is cooked, fold in black beans which have been drained and rinsed. NOTE: If you do not rinse and drain the black beans, the flavor of the dish does not change but the color is more "gray."
6. Heat through for 20 minutes.

**Nutrition Note:** This recipe makes 8 servings. Each serving has 300 calories, 11 grams of fat, and 37 grams of carbohydrates.

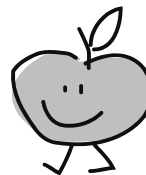
### Eating Together

Have each family member answer the question "If you could be any kind of food, what would you like to be? What would be fun about being that food?"



### The Best Bean Hot Dish

1 pound lean ground beef  
2-3 strips of bacon  
¼ cup chopped onion  
5 cans (15-16 ounces each) beans, any variety such as kidney, pinto, navy, etc.  
¼ cup brown sugar  
½ cup ketchup  
1 tablespoon mustard  
3 tablespoons molasses  
½ cup barbecue sauce



1. Preheat oven to 350 degrees.
2. Brown bacon. Remove from pan and thoroughly drain grease; then cut up. In the same pan, cook ground beef and onion; drain.
3. Drain and rinse the beans. Combine ground beef and beans with all other ingredients in a large casserole dish.
4. Bake for 1 hour.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 310 calories, 7 grams of fat, and 45 grams of carbohydrates.

### Breastfeeding:

*Why breastfeed?  
"Nurturing, Cuddling, Love"*

~ Rhonda, WIC Breastfeeding Mom  
from Devils Lake, ND



### Salmon Cakes

1 can (14.75 ounces) pink salmon, drained, or 3 cans (5 ounces each) pink salmon or tuna, drained  
1 cup cracker crumbs  
2 large eggs, lightly beaten  
½ cup 1% or skim milk  
¼ teaspoon black pepper  
1 tablespoon vegetable oil



1. Use a fork to flake salmon until very fine.
2. Mix salmon, cracker crumbs, eggs, milk, and pepper.
3. Shape into 8 patties/cakes.
4. Heat oil in a skillet. Over medium heat, brown both sides until salmon cake is thoroughly cooked.

**Nutrition Note:** This recipe makes 8 cakes. Each serving has 150 calories, 8 grams of fat, and 7 grams of carbohydrates.

## Pinto Bean Fiesta Muffins

¾ cup sugar  
¼ cup butter or margarine  
2½ teaspoons vanilla  
1 egg, beaten  
2 cups pinto beans (canned or cooked from dry),  
drained and mashed into a paste  
1 cup flour  
½ teaspoon salt  
1 teaspoon baking soda  
½ teaspoon ground cloves  
½ teaspoon allspice  
1¼ teaspoons cinnamon  
2 cups finely-diced unpeeled apple  
1 cup raisins



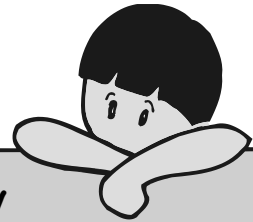
1. Preheat oven to 375 degrees. Grease 24 muffin cups or line with paper liners.
2. In a mixing bowl, cream sugar, butter and vanilla.
3. Mix in egg and beans.
4. Mix all dry ingredients together; add to sugar mixture.
5. Gently stir in diced apple and raisins.
6. Spoon batter into muffin cups. Bake about 15 to 20 minutes or until a toothpick comes out clean.

**Nutrition Note:** This recipe makes 24 muffins. Each serving has 110 calories, 2.5 grams of fat, and 20 grams of carbohydrates.



The *Pick-WIC Paper* is developed for  
the Special Supplemental Nutrition Program  
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North Dakota Department of Health  
Division of Nutrition and Physical Activity  
600 E. Boulevard Ave., Dept. 301, Bismarck, N.D. 58505-0200  
800.472.2286, option 1

## Turn Off the TV



**Let's See, I'll Be...** Ask your child to act like: A tree swaying in the wind, the sun rising, a cat arching its back, a kangaroo jumping, a train chugging along a track, or a butterfly in the sky.



## Zuke Stir Fry

2 teaspoons oil  
1 small onion, diced  
4 zucchini (6 inches each), sliced  
½ cup shredded reduced-fat mozzarella cheese  
½ teaspoon dry basil (or to taste)  
2 tablespoons bacon bits  
1 medium tomato, chopped

1. Heat oil in a medium skillet heat oil over medium heat. Add onions and zucchini; cook until tender, about 3-4 minutes, stirring often.
2. Top with cheese, basil and bacon bits. Cover and heat until cheese melts.
3. Top with chopped tomato and serve hot.

**Nutrition Note:** This recipe makes 4 servings. Each serving has 90 calories, 5 grams of fat, and 6 grams of carbohydrates.

## GROW HAPPY FAMILIES

### Try Something New – The New WIC Foods

Some new foods take time. Kids don't always take to new foods right away.

Offer a new food many times. Give them a taste at first and be patient with them.

